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Editor-in-Chief

Ann Malokas 2330372-6044

Advisor

Barbara Barron Code 03 ..649-8757

Copy Editor

Janie LeRoy 26701-633-3542

Assistant Editor

Linda Shoaff 1945649-6258

Feature Writers

Connie Niemeier 1753372-7860

Linda Shoaff 1945649-6258

Chris Robison 1890375-9980

Copy Staff

Nancy Lemke 2747373-5083

Marlene Frill 1425372-7881

Jennifer Taylor 1773375-7842

Mari Tudor 2422373-6783

Caroll Pilcher 1569.....649-5866

Diane Hawkins375-3615

Mary Ann Vomastic.....375-3053

Advertising Director

Diane Clayton 2311373-7900

Circulation Manager

Linda Ellis 1979375-4457

Distribution NPS/SMC

Mr. Sheahan646-2229

Photographers

Diane Clayton 2311373-7900

Rikki Meier 1649.....372-8456

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in this issue...

table of contents

focus of the monthSeasons Greetings

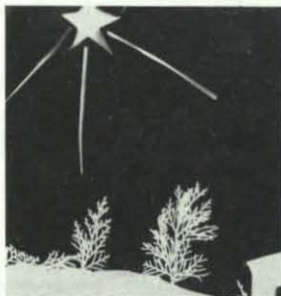
It looks Like Christmas	15
Visions of Sugar Plums (And Other Fattening Things)	17
The Christmas Tree	18
Remembering Christmas	19
Poinsettia Napkin Rings	21
Advent Calendar	22
Memories	24
Christmas In The City	25
The Eagle's Eye Gallery	26
An Old Fashioned Christmas Is Not Getting Last Year's Barbie Doll or Godzilla vs. Christmas	27

oswc news

President's Message	3
First Vice President's Message	4
Welcome Aboard	4
Red Cross	4
'tis the Season...for Soccer	5

feature section

International Message	6
Peripatetic Palate	10
Where It's Happening	8
Navy Bleu	11



Cover by Rikki Meier

editor's notes



Christmas is coming, which, of course, is not news to military families who have been scouting for suitable mailing cartons for months and have spent at least October and November up to their ears in wrappings to meet post office mailing deadlines and United Parcel pickup dates.

With most of the bundles on the way now (I hope) and a short breathing space before it is time to start pinning up decorations and basting the goose, may I take this time to wish all of the Naval Postgraduate School families a happy holiday season.

I especially want to thank all of the CLASSMATE staff. I have been on the hotline to Santa, folks, and I have been as-

sured that you will be remembered especially well for your hard work these past months. For Barbara Barron, our advisor, I have the word of the portly gent in red that he has finally produced a super giant economy-sized calendar with space for all of her activities and obligations for the next three years. To the assistant editor, Linda Shoaff, he has promised a social secretary to arrange CLASSMATE luncheons and a revised babysitter list. For Janie LeRoy, copy editor, he is working on a helicopter shuttle between Salinas and Monterey. To Connie Niemeier, the Q.A. person, a mailbox full of very positive letters needing no revision, no research, no reply. For our kitchen expert Chris Robison, an electric crepe maker and a new microphone for future interviews. For Mari Tudor a grass skirt for her family's new assignment in Hawaii. To Jennifer Taylor, a typewriter. For Caroll Pilcher, our newest writer, a ball point pen and lots of inspiration for articles in coming magazines. For Nancy Lemke,

her own craft shop and a job as consulting needlework editor for Redbook. For Marlene Frill, a white Christmas in Heidelberg in 1979.

For Linda Ellis, circulation manager, a postage meter and a larger car to carry home leftover Welcome Aboard issues. To Diane Clayton, advertising manager and photographer, an extra telephone line and a darkroom addition to her quarters. To Rikki Meier, cover photographer, six rolls of film and a 28-hour day.

All I want for Christmas is a person to take over my job as editor. I would love to keep the job forever, but the Air Force says we have leave in March. Is anyone out there interested?

May I also wish you all a more leisurely December by sharing the philosophy of a friend: Remember, if it isn't done by December 20, maybe it isn't all that necessary for holiday enjoyment anyway!

Merry Christmas. □

Ann Malokas
Editor-in-Chief



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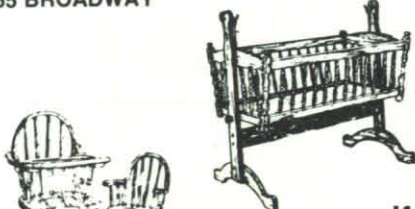
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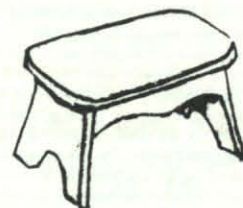
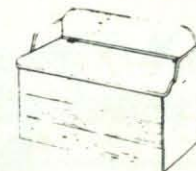
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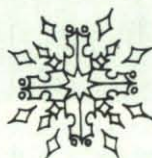
OSWC news

Christmas! A joyous time of year that stirs up very personal feelings for each of us. This year Chip and I are leaving sunny California and heading for Vermont — hopefully to three feet of snow and a traditional New England Christmas. Of course, I'm sure Santa will find us wherever we are... *after* he visits all the children here at the Naval Postgraduate School, that is. OSWC has programs planned that will appeal to the "kid set" this month so be sure and keep a lookout for details through the SMC. By the time you read this Santa may have already visited your home.

December also marks the end of another quarter and although we have to say good-bye to many of our friends and neighbors (which never gets easier), we can look forward to sharing new experiences and friendships with new acquaintances through the school. The OSWC is anxious to meet and help new families get settled, so if we can be of help, please give us a call. If you desire to know more

about the Club, look for our *Pink Flyer*, *CLASSMATE*, or just ask a friend.

We have a full schedule of new quarter activities following the holiday break but let's not rush it. I want to savor the long holiday and reflect back on a wonderful year filled with new friendships and fond memories.



From our home, may the joy of the holiday season bring peace to you and your family.

See you next year! □

Laurie Cobb
President



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As the days till Christmas draw nearer and nearer and my list of things to do gets longer and longer I am thankful for the Holiday Crafts Bazaar which enabled me to do much of my Christmas shopping. To Kathy McCray and Ann Riege, co-chairpersons of the Ways and Means Committee, and all of you who helped to make the OSWC Crafts Bazaar such a success I say, "Thank you." The gifts and handcrafts were beautiful and reflected the many hours of work and preparation of the participants. Also thanks to all of you who baked such lovely edibles for the bake sale tables.

December is a very busy month for all of us; the kids excitedly making out "Santa lists," and your husbands burning the midnight oil studying for finals. And you and me, well most of us don't quite know what to do first. Should we write out the Christmas cards, cook holiday sweets, buy, wrap and mail packages or just sit back and enjoy the special feelings we have at holiday time? If you can please take a few hours off from whatever you are doing on Sunday, December 17th and bring the children to the OSWC Christmas Party. It will be from 2-4 in the Barbara McNitt Ballroom. There will be all kinds of special treats for the kids. If you haven't made your reservations yet call me at 373-3844. Come and share with us this happy moment in your children's lives.

Something new this year, also for the children, will be home visits by Santa Claus. He'll be making his house calls December 4 - 7 so I hope you've made your plans for this. If not give Kathy McCray 649-0447 or Ann Riege 649-4383 a call.

Looking ahead to January, I see that the calendar is already filling up. The last two months have been so busy with various activities that it hardly seems possible not to have a long list of dates and times to pass along to you. As you are all aware, the break is coming, and we take a much needed rest during December. So sit

back, put your feet up and enjoy the rest while you can. It will be over all too soon.

From the Kaplan's to you, I would like to say Merry Christmas, Happy Chanukah and a very Happy and Healthy New Year for all. See you in January. □

Sandi Kaplan
First Vice President

Red Cross

The last blood drive yielded 96 pints of blood. Thank you so much for participating. It was a job well done. We are losing our blood drive chairmen, Marcia Reed and Lori Hoipkemeier, and we are looking for a new one. If you are interested please contact either of them.

The Red Cross Field Office is located at Fort Ord at 3rd Avenue and 10th Street. Phone 242-7801. The SBHAH Field Director and Red Cross Volunteer Office is located on the 3rd floor. Phone 242-4318. □



Merry Christmas! I wish to extend to you and your family a most hearty welcome to the Monterey Peninsula. I am happy to be greeting the newcomers to the Naval Postgraduate School as your Welcome Aboard Chairman. Our committee consists of hostesses that will be calling each newcomer to personally welcome you. They are here to answer any questions and assist you. The next Welcome Aboard Coffee will be in January. January 25, 1979 is the date, and the location is in the La Novia Room and Terrace of Herrmann Hall at 7:30 p.m. It's an evening of fun and a great way to learn all about the Officers' Student Wives Club. Best of all, it's a great way to meet old friends and make new ones! I look forward to meeting you soon. If I can be of any assistance, feel free to call me at 372-6223 or drop me a note in SMC box 1285. Have a beautiful and very Merry Christmas and a Happy New Year! Welcome aboard, we're glad to have you!

Anne Parish
Welcome Aboard Chairman



'tis the season...

for soccer



pictures by Ron Wiley

feature section



INTERNATIONAL MESSAGE

by Merna Dearth



in Norway and are looking forward to seeing the whole family on Christmas Eve.

Christmas day is usually spent by going to church and seeing the close family.

Christmas in Greece by Georgia Mavrikas

Christmas in Greece is the biggest religious and family holiday. Many days before Christmas the housewives prepare cakes, cookies, curambeathes, melomacaroni (the last two are very special pastries for Christmas) and the pork for Christmas dinner. The rural families raise their own pigs for this occasion.

Houses, stores and streets are decorated with special Christmas ornaments. The traditional Greek ornament is a small ship with little ornaments and lights, but in recent years the Christmas tree has taken its place mainly in the houses.

The celebration begins with carols which are sung by the children going from house to house the day before Christmas. It continues with the people attending church at daybreak on Christmas morning and finishes with Christmas dinner where usually friends are not invited, and only family and close relatives attend.

We are fortunate here at the Naval Postgraduate School to be able to share the joys of the holiday season with friends from many lands. Everyone enjoys a chance to get together this time of the year. International and sponsor children had a grand time at their annual Christmas party on December 10. There were games, food, a movie and candy canes and presents handed out by that jolly old fellow Santa Claus. Now, he may be Kris Kringle, Father Christmas, St. Nicholas or Sinter Klaas to some of our little people, but as all the children will attest to; he's still the guy in the red and white suit that they all love.

If you were to look over the list of countries that are represented at NPS, it would not be hard to let your imagination wander and to think about how Christmas might be celebrated in some of these far



off lands. Dreams of Christmas trees decorated in a special way, a Christmas piñata or holiday food such as English plum pudding or German stollen might come to mind. Whatever the manner, we in America have benefited by all these customs. Some of these will be shared with us as we take a holiday trip with three of our international wives as they share with us special thoughts about their country at Christmas time.

Christmas in Norway by Sissel Molland

When I think of Christmas, I see for me everything covered in heavy snow. The houses look warm and cozy in the semidarkness, and on our way to church everything is quiet. Passing by the churchyard we can see the candles on the graves flicker in the dark.

Then I remember the smell of Christmas, clean houses that smell of Christmas trees, oranges and cigars. From the kitchen the good smell of lamb ribs steamboiling on the stove, or porkroast and sauerkraut with caraway seeds.

Before we go to church on Christmas Eve we prepare our dinner so we can eat afterwards.

In the old days we used to go around the Christmas tree and sing carols after we had given each other the gifts that were usually under the tree. Now, the family rooms are smaller so we can not always go around the tree, but as Christmas Eve is the time for family gatherings we enjoy our company in a pleasant way.

This year, after spending two Christmases here in Monterey, we will be back



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In Greece we do not give each other presents on Christmas day, except those who have their name day. We exchange presents on New Year's Day.

Christmas In Ecuador by Montserrat Padilla

In October all the Ecuadorians begin with enthusiasm to buy Christmas presents. In the following days the cities begin to prepare for the holiday season. Cities begin to light up, and all the stores decorate their windows and their departments with beautiful scenes of the Nativity. At the same time houses dress up their Christmas tree.

There are some families that will use one of their rooms to display a marvelous Nativity reproduction for their own enjoyment and their friends' enjoyment.

On the twenty-fourth of December Christmas carols are sung, and Midnight Mass (we call "Misa de Gallo") is celebrated at the churches. The mass is attended by many people.

The following morning old and young receive their presents. Around 1:00 p.m. each family and their immediate members will have a "special luncheon" with the traditional turkey. It is served with many different specialties such as grapes, wines and the very special bread "Pan de Pascua".

On the twenty-eighth of December Ecuador celebrates Fools' Day.

On the thirty-first the main streets are closed to all traffic, and the people participate in a contest called "Anos Viejos." On the sidewalk huge and amazing displays can be seen. Manmade material dolls filled with straw and fire crackers impersonate well-known celebrities from politics, movies and world events. All the scenes are made of cardboard and paper. Throughout the day people pass by admiring these displays. There is a contest sponsored by a local newspaper for the best display. Qualified judges decide which is the winner, and a cash prize is given.

At midnight of the same day all the dolls are burned in the center of the street causing a tremendous noise and ending another Ecuadorian year.

The International Committee, international and sponsors, would like to wish all of you a joyous holiday season and peace on earth. □



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WHERE IT'S HAPPENING

by Linda Shoaff

The Christmas season is exciting anywhere, but on the Monterey Peninsula it seems even more special because of events such as the Singing Christmas Tree in Pacific Grove, the program of Christmas music in the Camel Mission, the various Mexican Pastorelas, etc. They're all worth seeing and portray the true spirit of Christmas, so try not to miss them. Happy Holidays!

Dec. 1-3, 8-10, 15-17 **Hidden Valley Opera Ensemble** presents seasonal opera scenes at the Hidden Valley Theater, Carmel Valley. Performances on Fri. and Sat. are at 8 p.m. and the Sun. matinees are at 2:30. Tickets are \$6 for adults and \$4 for those 14 yrs. and under.

Dec. 8 **INTERNATIONAL DINNER DANCE**

Dec. 8 **NUTCRACKER BALLET**, danced by the Santa Clara Ballet Co. in King Hall at 8 p.m. General admission is \$4.

Dec. 8-10, 12 **OUR LADY OF GUADALUPE MIRACLE PLAY**, El Teatro Campesino, San Juan Bautista.

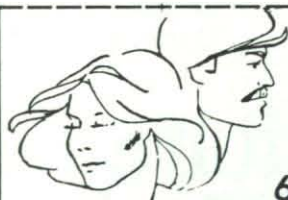
Dec. 10 **INTERNATIONAL CHRISTMAS PARTY**

Dec. 10 **29th ANNUAL CHRISTMAS CONCERT**, presented by the MPC Chorus in the MPC Music Hall at 8:15 p.m. Free.

Dec. 15-17 **SINGING IN THE MISSION**. The Monterey Peninsula Choral Society and the Monterey Chamber Orchestra will present the annual "Music of Christmas" at 8 p.m. at the Carmel Mission Basilica. Tickets are \$4.50 and may be purchased at Lily Walker's Record and Music Store (169 Fountain, P.G.)



Dec. 15 **MEXICAN PASTORELA** in Old Monterey at the Conference Center at 8 p.m. Reserved tickets will be \$5. Tickets sold at the Box Office will be \$6. There will be Mexican food and entertainment all day at Custom House Plaza. Call 649-1770 for further information.



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Dec. 17 **OSWC CHRISTMAS PARTY**

Dec. 25 **Happy Chanukah and Merry Christmas!**

Dec. 21-24 **LA PASTORELA AND POSADAS**, El Teatro Campesino, San Juan Bautista.

Dec. 27-30, Jan. 3-6 **SPALDING PRO-AM GOLF TOURNAMENT**, Laguna Seca Golf Ranch.

Dec. 21-23 **SINGING CHRISTMAS TREE**, Pacific Grove, corner of Pine and Grand at 8:30 p.m. This is another event that no one should miss. The 60-voice choir, wearing white robes, is positioned in tiers on the tree to provide the illusion of a huge evergreen tree that magically sings. Free.

Dec. 31 **MONTEREY PENINSULA YACHT CLUB'S CHRISTMAS RACE**, Monterey Bay. □

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Dining Out:

The Peripatetic Palate

by Nancy Lemke and Ann Malokas



delicious quiche; an enormous spinach salad; crepes; a roast beef sandwich with an herb sauce. Most entrees are in the \$3 and \$4 range but are so substantial that we have never been able to sample any of the desserts listed. I wish we had found this place months ago.



The **Officers' Club** at NPS has been getting a lot of our business lately since we discovered the crab buffet and the shrimp a' peel (usually the crab buffet is on Friday evening and the shrimp on Thursday, but check the club calendar.) For \$8 (crab) or \$6 (shrimp) per person it is all-you-can-eat of a well-stocked salad bar and roast beef and vegetables in addition to a never-ending supply of shrimp or crab. At our house choosing which night to attend is something of a battle since one of us prefers the shrimp, another the crab, but we agree it is a good deal, and we will go back.

Two different groups I belong to have recently chosen the **General Store** on Fifth and Junipero in Carmel as a luncheon spot. What a place. I love it. On sunny days we like to sit at their outside tables. And the food is fantastic. Various entrees I have drooled over: shrimp salad on an avocado with vegetable garnishes (excellent); a tostado piled so high with vegetables, beans and cheese that it almost spills off the plate; a large wedge of

Looking for a place to hold a child's birthday party? **OSCAR HOSSENFELDER's** is a terrific one. for \$1.75 per child, the birthday person is free, they provide plenty of food and refreshments as well as a private room and clean up service. Each child receives a paper hat, blower, any flavor sundae (so large that 6-year-olds didn't finish them), a soft drink, and one free carousel ride. Oscar's will also provide a cake, at added expense, or you can supply your own. For further information call 649-1899 and ask about their Kiddie Parties. Oscar's is located in the Cannery Row area at 640 Wave.

One of our favorite relaxations is an evening stroll around Carmel. It's peaceful and a great time for window shopping.

Naturally all this exercise works up an appetite, and we have found an excellent dessert place to quell our stomach's demands. The **PATISSERIE BOISSIERE** is in Carmel Plaza, facing Mission. They have a full service menu, but we have only taken advantage of their wonderful French pastries. You can either order them to go or eat them in the dining room which is co-sily reminiscent of a French country inn. Wherever you eat them, they are a superb treat. We are not always sure about what we are ordering, as the woman who explains the contents of each delicacy has a very heavy accent, but we have never been disappointed. The cheese and black forest cakes are divine as are the many pastries — they are a delight to look at as well. They are not cheap, averaging \$1.75, but they are well worth it. □

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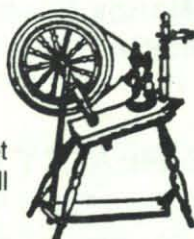
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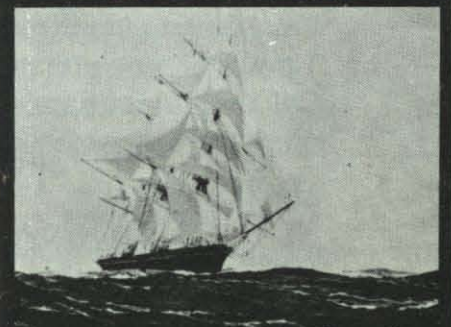
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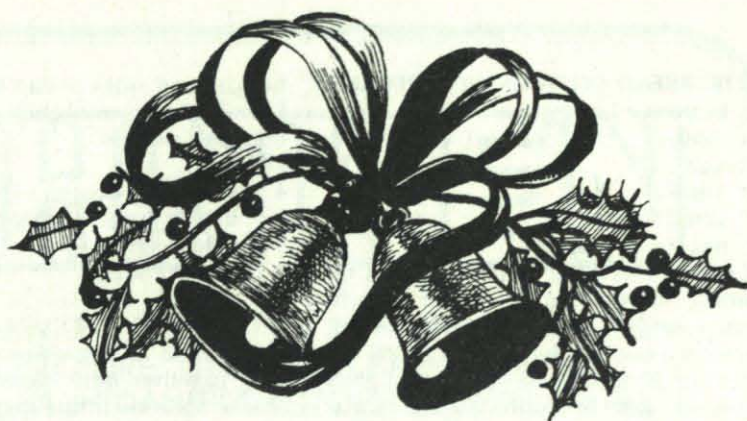


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NAVY BLEU

by Chris Robison



Merry Christmas

Expectations of Christmas are mingled with many cherished personal memories. The season conjures sentiments and stimulates the senses with an infinite quantity of traditional foods.

Amid the hectic pace of the yuletide baking, I recall stomping through the snow, shaking it from my snowcaked mittens, wet and crunchy and picking the Christmas tree with my parents.

Dad would hold up a balsam or Scotch pine and then we would analyze its potential, all agreeing that the tree must be full and tall enough to handle the customary star and my mother insisting it not have a crooked trunk or be bare of branches on the sides.

Then, home from the cold where Mother would resume her yearly baking. Warming up in the kitchen, we watched her mix butter, sugars and spices into memorable aromas and tastes. Mother could turn out cookies at the Christmas season that could have made Nabisco look ashamed. Butter cookies sprinkled with colored sugar or decorated with flowers designed from cut up candied red and green cherries filled cooling racks lined up on the dining room table. Next to these rested the crunchies, Aunt Molly's favorite, that Mom baked religiously. Shortbread, pecan cookies and

plum pudding absorbed hours of her pre-holiday time. It is hard to believe that my folks could decorate the house, trim the tree and wrap presents all on Christmas Eve just to make me think Santa Claus did it all. No wonder I believed and defended him long after other children had given up the myth.

And now, some holiday recipes to add to your treasury of cooking. Merry Christmas to all.

An easy to fix cheese ball that can be made ahead and frozen.

CHEESE BALL

2 8 oz. packages cream cheese
1 package or jar blue cheese or Roquefort cheese
2 packages sharp cheddar cheese
3 T. wine vinegar
dash of garlic salt

Mix all ingredients and chill. Form into 3 balls and roll in ground or chopped nuts.

CRUNCHIES

1 c. shortening, part butter
1 c. white sugar
1 c. brown sugar
1 ½ c. quick rolled oats
1 ½ c. rice Krispies
1 c. coconut

1 c. nuts, chopped (walnuts preferred)
2 eggs, beaten
2 c. sifted flour
1 ½ t. baking powder
1 t. soda

Mix and drop on a lightly greased cookie sheet. Press down with a glass dipped in flour. Bake at 400 degrees. The white sugar may be decreased by ¼ c.

FRUITED MOLASSES BARS

½ c. soft butter or margarine
½ c. sugar
½ c. molasses
1 egg
1 c. sifted all purpose flour
½ t. salt
¼ t. ground cinnamon
¼ t. baking soda
1 c. chopped pecans
¼ c. seedless raisins
1 package (8 oz.) dates, cut up
1 c. citron
1 c. candied pineapple

Cream butter, sugar and molasses and add egg, beating till light. Add sifted dry ingredients, ¼ c. nuts and remainder. Mix well. Bake in greased and floured 9 inch square pan in a preheated oven. (350 degrees) for about 35 minutes or until toothpick comes out clean. Dust with a little powdered sugar when serving.

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SHORTBREAD COOKIES WITH PECANS

- 1 c. butter or margarine
- ¼ c. sugar
- ¾ t. salt
- ¾ t. vanilla
- 2 c. sifted flour
- 1 c. pecans, chopped

Cream butter and sugar. Blend in remaining ingredients to a soft dough. Form rounded t. of dough into balls. Place on a cookie sheet. Bake at 300 degrees for 30 to 40 minutes or till lightly browned. Roll in confectioners' sugar when cool. Makes about 72 cookies. These can be rolled in the sugar just before serving also.

PECAN TASSIES

- 1 c. butter or margarine
- 2 packages, 3 oz. each, cream cheese
- 2½ c. sifted flour
- ½ t. salt
- 1½ c. chopped pecans

Filling

Soften butter and cheese to room temperature. Combine in bowl and blend thoroughly. Mix in flour and salt a little at a time till blended. Shape dough into 1 inch balls. Place balls into small 1 ¾ inch muffin cups. Press dough against

bottom and sides of cup to form a shell. Sprinkle bottoms of shell with half of the chopped pecans.

Filling

- 4 eggs slightly beaten
- 2 c. brown sugar, lightly packed
- 1 c. light corn syrup
- 4 T. melted butter
- ½ t. salt
- 1 t. vanilla

Combine all ingredients in bowl and beat together until blended. Pour into shells. Sprinkle in the rest of the pecans on top of filling. Bake in 350 degree oven about 25 minutes. Remove from oven and let stand 5 minutes. Loosen edges with top of knife. Remove and place on rack to cool. Makes 5 dozen.

As traditional as old St. Nick himself, plum pudding is a festive conclusion to a Christmas dinner or New Years meal. This can be made ahead and frozen.

PLUM PUDDING WITH SAUCE

- 1 c. brown sugar
- 1 c. flour
- 1 c. beef suet, ground
- 1 c. bread crumbs
- 1 c. raisins
- 1 c. milk

- 1 c. apples, cut fine
- ½ c. chopped walnuts
- ½ c. dates, cut up
- 1 t. cinnamon
- ½ t. nutmeg
- 1 t. baking powder
- ½ t. soda

Sauce

Mix dry ingredients first, then add remaining ingredients. Pour into mold or coffee can. Place mold or pan into a large pot filled ½ of the way up with water. Insure that the water will not boil over into pudding by watching the level. Also, cover pudding mold with lid or coffee can with aluminum foil and a rubber band. Boil on top of stove for 4 hours. Serve warm with warm sauce in dessert plates or bowls.

SAUCE

- 1 qt. milk
- ½ lb. butter
- ¾ c. brown sugar
- 4 T. flour
- ½ t. vanilla
- pinch of salt

Use a double boiler if possible. Melt butter and dissolve sugar in it. Add flour to thicken, then add milk. Stir constantly until thick. Add vanilla and salt. Serve warm. □

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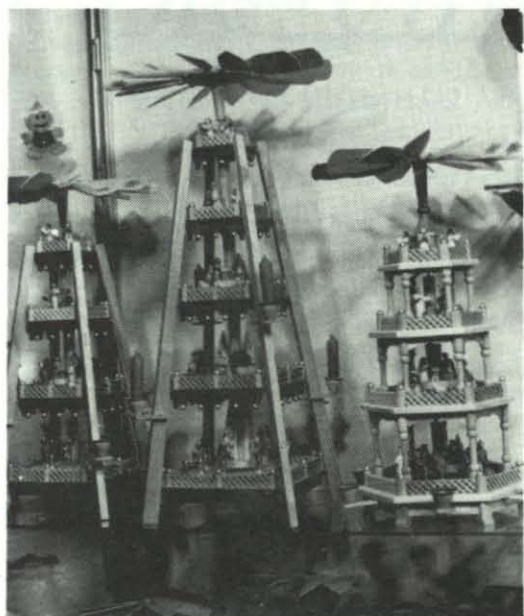
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SEASONS GREETINGS



It Looks Like Christmas

Linda Shoaff

Every year signs of Christmas seem to appear earlier. This year they were displayed as soon the Halloween decorations were taken down! But even with the disgusting commercialism, the sight of Santa Claus and wreaths causes a shiver of anticipation for what lies ahead.

There are certain things that bring Christmas to mind no matter what time of year they're seen. Who could look at a candy cane or smell a Bayberry candle and not think of December 25? Most of our symbols come to us from ancient history, some before Christ was born (such as the Yule Log), and others from more recent times (the Poinsettia). Some of them emerged from religious practices, and others are a result of myths or stories.

Have you ever wondered why we hang CHRISTMAS STOCKINGS? The legend goes that in the olden days, all the doors were nailed shut to keep out robbers. Therefore, St. Nick had to go down the chimney in order to leave his goodies, and on one occasion he dropped a few gold coins in some socks that were drying by the fire. Word spread quickly, and pretty soon everyone started hanging stockings on the fireplace mantle. Unfortunately, candy canes have taken the place of gold coins.

Certain COLORS are associated with Christmas. Red is the special color for December and in religious symbols, it stands for fire, blood and charity. At Christmas people gather with blood relatives and are likely to be their most charitable. Green is a symbol of youth and the hope of eternal life, and evergreens are used extensively at Christmas in trees, wreaths and whatever other decorations can be made. White stands for purity, light and glory, and it's seen at Christmas in angels' robes, Santa's beard and snowflakes. In warm climates, people use artificial snow to decorate. Gold stands for light and radiance. This color is seen in Christmas stars, tinsel and burning candles.

The YULE LOG goes way back in history. The vikings, who burned the log in honor of Thor, introduced the custom to England. Months before Christmas, a tree was cut down and allowed to dry. Some logs were so large that horses had to haul them home. They had to be big enough to burn from Christmas Eve to Epiphany or else there would be bad luck for the entire year. Also, they had to be large enough so that part could be saved to use to start the next year's Yule Log. Ashes were placed in fruit nooks to insure a good harvest. English settlers brought the Yule Log custom to what is now the southern U.S., and today the

symbol is used on Christmas cards, in logshaped cakes and ice cream and as table centerpieces.

Among the Norsemen, MISTLETOE was sacred to Frigga, goddess of love and the mother of the sun god Balder. Balder alarmed his mother by dreaming of his death, which would cause all life on earth to end. So Frigga went to air, fire, water, earth, and every plant and animal and made them promise not to harm her son. But she overlooked one lowly plant — the mistletoe, a parasite on oak and apple trees. Balder's enemy arranged his killing with an arrow made from the mistletoe, and the sky paled and the other gods tried to bring Balder back to life. Frigga succeeded with the power of love, and the tears she had she turned into white berries on the plant. In her job she kissed anyone who passed beneath the trees on which the mistletoe grew and decreed that anyone standing under it would receive a kiss as a token of love.

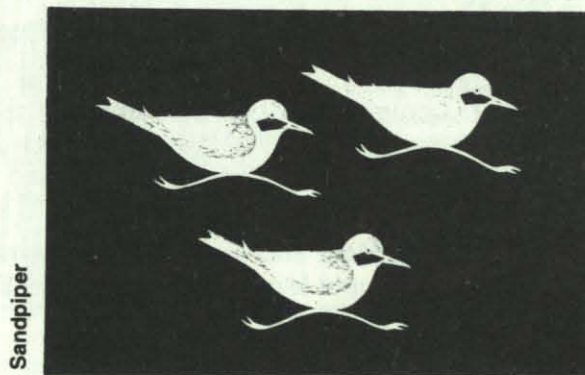
Other ancient peoples had their own versions of the importance of this plant, but it generally has been regarded as a power to ward off evil spirits. After Christianity replaced older religions, faith in mistletoe lived on even though it was forbidden in churches as being pagan. It

became a part of Christmas in people's homes and today is a symbol of joy. Superstitions surrounding it include: a girl standing under it cannot refuse to be kissed; a girl who goes unknissed cannot expect to be married the following year; to let mistletoe fall to the ground is unlucky; mistletoe will bring about a happy marriage and will even insure that a couple will have children. Whether believed or not, the superstitions add fun to Christmas parties.

Some form of light, notably CANDLES, has always marked man's special occasions. New light meant new life. People of the Middle Ages put candles in their windows on Christmas Eve to guide the Christ child, and one huge candle was lighted on Christmas Eve to burn until the end of Christmas day. If it went out, there would be bad luck the new year. In English, German, and American homes, Advent wreaths are used, and throughout the U.S., there are Christmas Candlelight services. Before electricity, candles decorated Christmas trees, but now colored lights are usually used for the sake of safety. But whatever the medium, light is used to express Christmas joy, and people use it outside as well as inside their homes.

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HOLLY was sacred to pagan gods. The Druids believed that the plant with its glossy leaves and red berries would remain beautiful so the world would remain beautiful when the sacred oak had lost its leaves. Centuries later, as Christians grew in numbers of the Roman Empire prevailed, holly became a symbol of Christmas, standing for peace and joy. Like the mistletoe, certain beliefs have been associated with holly. In European households, prickly holly at Christmas meant the husband would rule during the coming year but smooth holly meant the wife would dominate. Planted near a home, it supposedly could scare off witches and protect the home from lightning and thunder.

In ancient Rome, the first Christians decorated their homes with laurel, or BAY, as well as holly during the Christmas season. The practice has carried on with bayberry candles, soaps, and room fresheners.

A native of Mexico, the POINSETTIA was discovered in 1928 by Dr. Joel Poinsett who was our first minister to that country. He visited John Fremont in California, who may have started the plant in this area. Ventura is called "Poinsettia City", but the most impressive place to see the Poinsettias is on 300 acres near Camp Pendleton where the flowers are in full bloom just before Christmas. The plant is a favorite in the U.S. for Christmas because the red, star-shaped flower blooms during December. A Mexican legend tells of a poor girl who picked some weeds to place before a statue of Virgin Mary. When they touched the statue, the weeds turned into Poinsettia blossoms.

Many other symbols could be discussed if space were available, but in general it can be said they all show that Christmas is a celebration of more than just one particular religion. They're a culmination of practice of ancestors — and a reminder that throughout history, people have reached out to others and shared joy. □

This area has many "cut-your-own" Christmas tree farms. Besides providing a pleasant family outing, buying a tree this way insures an evergreen that will stay fresh for weeks, and the prices can't be beat. Watch the local newspaper ads for more information. □

Have an elderly friend or relative on your gift list? In addition to family pictures consider giving a tiny crystal on a string to hang at a window and catch the sun. Incidentally, this would also make a very different "new baby" gift; babies and young children are fascinated by the every-changing colors. □



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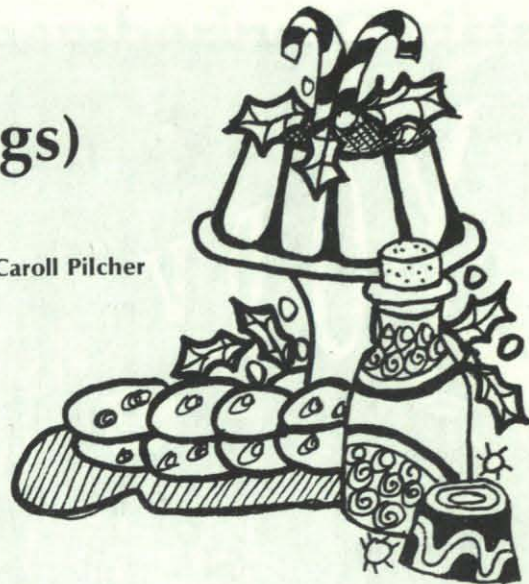
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Visions of Sugarplums (and Other Fattening Things)

by Carol Pilcher



My definition of a masochist is a person who goes on a diet in the middle of December, just before Christmas. Who can be that strong? Only a very thin person could handle all the temptations floating around this remarkable season. Christmas is a wonderful, joyous occasion and I love it — but to a compulsive eater it's unbearable! (Traditionally, partaking of rich, mouth-watering and calorie-ridden food is a part of the holiday season.) Why is Santa Claus so fat?

Putting Christmas just after Thanksgiving was a bit of poor timing, especially for the chunky set. At this point, I'd like to draw your attention to all the synonyms we use for the word FAT. Santa is FAT — everyone else is hefty, big-boned, el chunk-o, portly, stout, gracefully plump, tubby or has a good personality. Anyway, after gorging yourself at Thanksgiving and feeling slightly bloated, Christmas is upon us in a flash, giving you barely enough time to build your defenses back up again. The emotional make-up of an over-eater is a very delicate thing and needs a lot of TLC in this difficult time. They look at everything from a different perspective, even the Christmas festivities.

Like Scrooge viewing everything through a dollar sign, the dieter looks through a calorie counter. The average person sees merely a piece of rum-flavored fruitcake — but a dieter sees a four hundred calorie count beckoning to him, ever so gently. Consider the other holiday specialties, not a low-cal dish in the lot! HAM-MINCE PIE-YAMS-PUMPKIN BREAD-CANDY-FUDGE. . . It's enough to drive even the most well-meaning dieter to ruin! And the guilt! It's awful to have visions of your family getting up on Christmas morning to find you in a heap, under the tree, amidst countless pieces of shredded cellophane wrappers and realize that you have O D'ed on peppermint candy canes. The shame!

Seemingly innocent expressions in conversations can manage to ignite the flame of desire, the desire to eat, how about, "The proof is in the pudding." Simple enough, except to a person who has been subsisting on carrot sticks and skim milk. The imagination runs wild!

The proof is in the pudding. (chocolate or butterscotch?) Ham it up. (baked or glazed?) You're going nuts! (cashews or pecans?) A roll in the hay. (Danish or cinnamon?) It just goes on and on. . . mercilessly! Food is everywhere; in conversations, on television, in magazines, in the refrigerator. Why is a celery stalk hollow if it was not meant to be stuffed with peanut butter or creamed cheese?

My wish this Christmas is for everyone to remember your friendly neighborhood dieter during all the festivities. At your next party offer one of us a crisp carrot stick and a glass of tonic water with a twist of lime. How does one go about spotting a dieter in the crowd? We're the ones with the glazed look around the donuts. . . oops, I mean the eyes. Happy Holidays!! □



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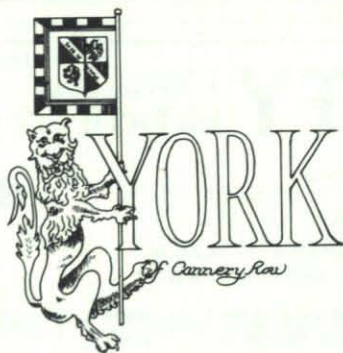


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The Christmas Tree

by Janie LeRoy

No Christmas celebration can be complete with a Christmas tree. As children we delight in the twinkling lights and shiny ornaments, for in many houses it is the symbol of the beginning of the holiday season. For when the tree appears, the whole house seems to pick up the glow and the warmth that exemplifies the holiday season.

Legend has it that Martin Luther, after wandering one Christmas Eve under a clear winter sky lit by a thousand stars, set up a tree with countless candles to represent the light which shone on the night Christ was born. The first historical note of a Christmas tree is found in a letter written by an unknown citizen of Strasburg in the year 1605. This letter mentions "the fir-trees in the parlous of Strasburg" and the decorations of "many-coloured paper, apples, wafers, gold foil, sweets, etc." In the 18th century the Christmas tree or *Weihnachtsbaum* became more popular in Germany, especially among the well-to-do, and the general popula-



tion firmly established the *Wihnactsbaum* tradition during the 19th century. The tradition soon spread to other Christian lands.

In the United States, the first commercial Christmas trees were sold by Mark Carr in 1851. After cutting 2 sleigh loads of firs and spruces, he took them via the Hudson River from the Catskills to New York City where he sold them on the corner of Vesvey and Greenwich. However, instead of buying presents, he spent his earnings on cheerful living. □

Remembering Christmas

by Marlene Frill

This Christmas in Monterey will be the first time our family has not had snow and freezing temperatures. This is something I certainly will have to get used to, although my children won't have any problem. They'll be busy trying out new toys meant for summertime. They couldn't very well ride Big Wheels and bicycles in five feet of snow! However, we adults who grew up with four seasons will miss the crackling cold and icy weather that accompanies Christmas.

Advent time and the holiday season are some of the merriest times I happily remember about my childhood in Germany. Our Christmas was celebrated a little differently than here in the U.S.A. Starting with the first Advent Sunday, our family tradition was to sit around a dark room lit by the advent wreath's burning candles. First we lit one candle and then



added one each Sunday until all four were lit. My mother led us in singing Christmas songs and praying.

Mom was always busy then, baking *stollen* and at least ten varieties of cookies. At times I helped, especially when there was some licking to do.

The town always started getting all "Christmassy" long before Advent started. One of the churches was adorned by eight trees decorated with electric lights (four on each tower). Throughout the town huge wreaths were put up on poles. Everybody got into the Christmas spirit by just walking through town.



Dec. 6 is Sankt Nikolaus. No German child will ever forget that day. Outside the door they place boots, shoes, plates or anything that might hold the sweets Sankt Nikolaus drops off that night. We could usually make the cookies and candies last until Christmas if we were careful.

We never had a plastic tree, so three days before Christmas Eve, Dad would go to the market and buy us a nice real tree which he put in the living room. The door was locked and the keyhole covered to prevent any curious eyes from peeking through. Mom decorated the tree the day before Christmas Eve. She was able to use real candles instead of artificial ones because our tree branches were not as close together as those on the trees over here. Then the unwrapped presents were put under the tree. Instead of Santa Claus, Christkind brought the presents in Germany, so we got to see what we received on Christmas Eve instead of waiting for the morning of the 25th.

The Christmas Eve celebration always started with a light dinner which

everyone enjoyed. My Dad would have to leave the table to do something outside (so he said). We would then hear a bell ring, our signal to go to the living room.



There we would find a beautifully decorated tree with the candles burning, nuts and fruits set around on the tables, and Christmas music coming from the record player. Dad had built a nativity set which he placed by the tree, and he always managed to get incense which smelled like pine and myrrh. The family would sing along with Christmas records, the kids would say poems, and Mom would read the Christmas story. After all that, we would be allowed to get to the gifts which were still covered with a sheet. Since none of the presents were wrapped, all one could hear were oh's and ah's as we kids grabbed gifts marked for

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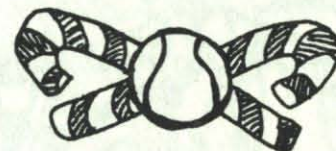
910 Del Monte Center, Monterey

parents or anyone other than ourselves which would result in some exchanging. The adults would drink wine, and at 11:00 p.m. we all got ready to go to midnight Mass. Since we didn't live far from church, we walked. Needless to say, whatever was new in clothing would be worn for the first time. I distinctly recall the cold nights when any moisture on our faces would freeze solid. Our footsteps made a crackling, grinding sound on the ground. It was so delightful!

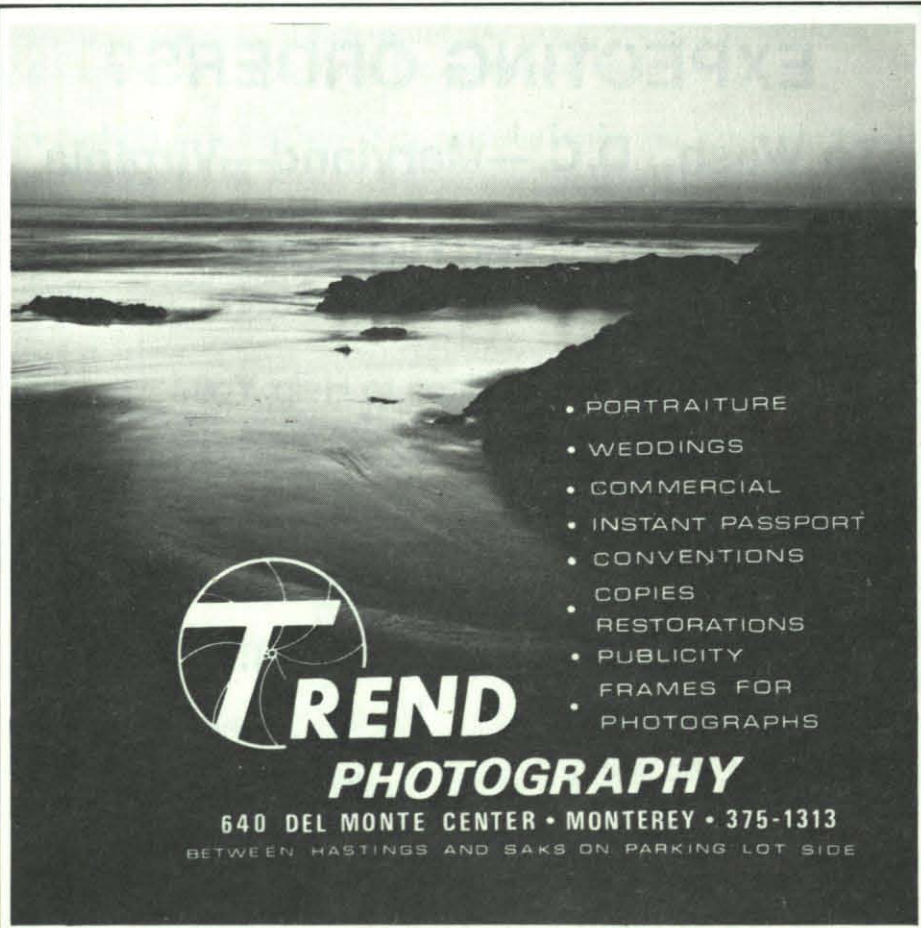
After coming home from the long Mass, everybody would fall into bed. Without any trouble we all got a good night's rest, for on the 25th all the relatives would come to visit and share a dinner of roast goose.

Since I have been in the States, I try to alternate between celebrating Christmas German style on the 24th one year and American style the 25th the next. So far we have always been where it gets cold in the winter. Christmas in Monterey without snow will be a first for us, but I am sure we will enjoy it.

All of you in Monterey, have a very merry (sunny) Christmas and a happy New Year. □



Stocking Stuffers from A to Z: Ascots, air mail stamps, apple wine; bic pens, banana chips, ball point sewing machine needles; crossword puzzles, cameos, calculator stands; decals, decks of cards, demitasse spoons; earrings; folding scissors; guava jelly, glass paperweights; hammers, harmonicas, ice cream scoops, iron-on's; jackknives, jump ropes; knee socks; key chains; kid gloves; kite string; liquors; limes; limericks; liquid brown sugar; magnets, magnifying glasses; music boxes; needlepoint change purses; nosegays; office calendar refills; off-white lace trims; olives; origami papers; pin cushions; postcards; quince jelly; quill pens; quarter pounds of fine cheese; recipe cards, rabbits feet, rhinestones, raw sugar; scouring pads; shower caps; skateboard gloves; sleighbells; sinfully rich chocolates; theater tickets; tapers, trivets; trowels; thermometers; utensils to simplify holiday entertaining (cork screws, nut crackers, ice tongs); velvet hair ribbons, vegetarian soup mixes; vitamin pills, wallets; waterproof mascara; weaving needles; whistles; whisk brooms; wind chimes; X-rated paperback novels; yo-yos, yoghurt makers; zipper pulls; zodiac coasters. □

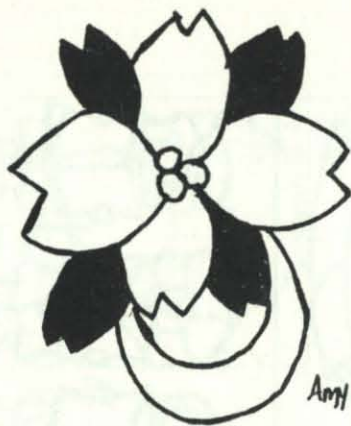


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Poinsettia Napkin Rings

by Mary Ann Vomastic

form an X shape. These are the poinsettia leaves. Next, slide the same two wide red ends of figure 1 through the diamond opening of the remaining red piece. The two red pieces should stagger over the green to form another X shape. In the center three white beads may be hand sewn.

NOTES: 1/3 yard red felt 36" wide makes 22 pieces of figure 2. 1/3 yard of red felt 36" wide makes 12 pieces of figure 1. 1/3 yard of green felt 36" wide makes 22 pieces of figure 2. White beads, (three per napkin ring) may be purchased at House of Fabrics. They are identified as #5424 size 5/16" (7.5 mm) □

Holiday anxiety begins to heighten by mid December. We still haven't found that special little gift for someone on our gift list. Children may be tired of helping with Christmas cookies and looking for a new activity. Poinsettia napkin rings are inexpensive to make and take a minimum amount of time and effort. They can put the finishing touches on a holiday table setting, and children can take part in making them.

STEP 1: Enlarge pattern pieces from 1/2" scale as shown, to 1" scale. (Measurements need not be perfect.)

STEP 2: For one napkin ring, cut out one of figure 1 using red felt. Cut out one of figure 2 using red felt, and cut out two of figure 2 using green felt. Cut out the diamond shape in the center in each of figure 2.

figure 1

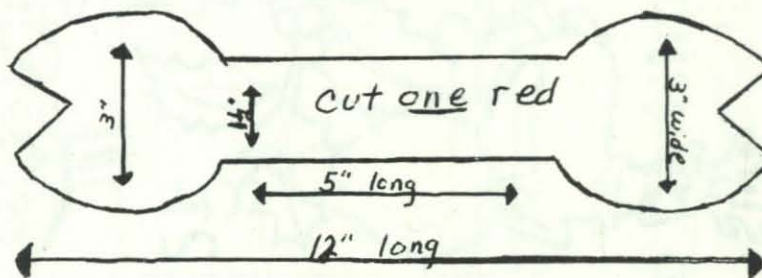
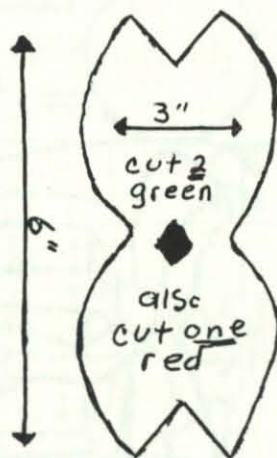


figure 2



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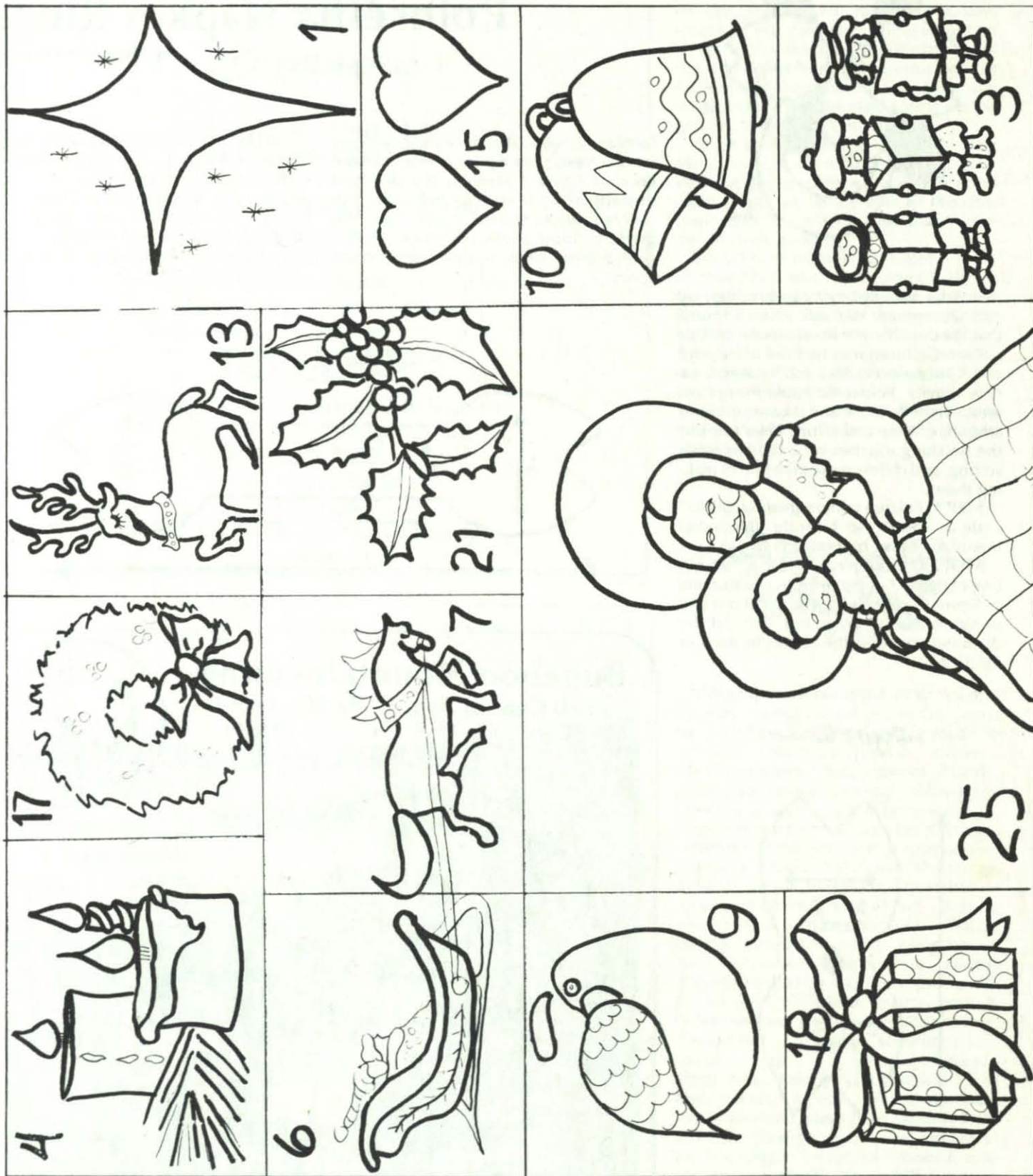


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STEP 3: Fold red felt piece of figure 1 wide ends touching each other. (The narrow strip will be the ring of the napkin.) Slide these two wide ends through the diamond opening of each green piece. The green pieces should be arranged to





Color your way to Christmas day

with the CLASSMATE Advent Calendar by Nancy Lemke.

Memories

by Janie LeRoy

When I was a child of nine, I vividly remember a writing assignment on the topic, "what Christmas means to me." It was an easy topic for me. I can still recall how I wrote of tree trimming and the making of the special corsages we always wore to church on Christmas Day. I ended with a description of the big day itself, from the opening of the presents to the family gathering at an aunt's home. Christmas is so simple as a child and so full of warmth, love and excitement; it's the basis of many of our fondest memories.

Chronologically, I am no longer a child, but I still try to recapture my childhood every year during the Christmas season. I can't duplicate the physical aspects of my remembered Christmases (after six years of living in California I've finally resigned myself to listening to "White Christmas" on the stereo instead of seeing it outside my window) and all but one Christmas has been spent with only my very immediate family: my husband, dog and last year my daughter. But it truly is the spirit of Christmas that counts, and I've found that by building on your childhood experiences you can create your own special kind of celebrations no matter where you are or who you

are with. Some of our very special friendships have been cemented by the sharing of Christmas Eve eggnog or Christmas turkey. In the transient life of the military, friends often become family, and we all benefit from the blending of holiday traditions.



And now, as my daughter grows older, I hope to be able to share with her the kinds of Christmas experiences that make for good memories. Already I'm making tree decorations that can be enjoyed for their bright colors yet are inde-

structable by a toddler so she can learn early that Christmas is to experience—it's to touch, smell, feel, absorb and enjoy.

So Christmas now is different than when I was nine. If I had to write that composition today I would probably include details of shopping trips to find perfect presents for my in-laws, the endless waits in lines at the post office, grocery store, department store, etc.; and the preparation of the big turkey dinner. But I'm not really sure that these hassles make me enjoy Christmas less or diminish its meaning. For while I'm attending to all the details, I look forward to having those special friends over for eggnog or to seeing the look of surprise and delight on my husband's face when he opens an unexpected gift. I anticipate the spectacle of the tree all aglow with lights and my daughter's face as she looks at it. I think of parties, friends, carols and the true meaning of Christmas. And I also remember. □

Save money on gift wrap this year. Wrap your presents in the Sunday funny papers or give your children some colored marking pens and stacks of old computer paper. □

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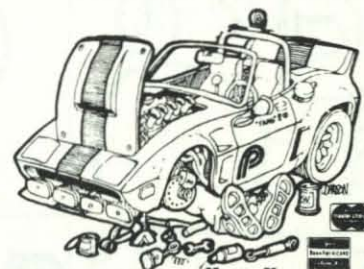
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Christmas In The City

by Diane Hawkins



... "city sidewalks, busy sidewalks, dressed in holiday style". . . San Francisco at Christmas is certainly dressed in holiday style. If you have a few days free during the Christmas holidays, do take your family to San Francisco. There are some shops that open only for the Christmas holidays, and you won't want to miss them while you're there. The year-round florist shop, the Podesta Baldocchi at 224 Grant Avenue, turns every inch of it's shop with tall, beautifully decorated trees. All items on the trees (plus other decorations) are for sale in the shop. Try to get there before it opens at 10 a.m. as there is sometimes a waiting line to parade thru the shop. My favorite Christmas store is the Sacramento Street Christmas Store at 3067 Sacramento Street. It contains floor to ceiling decorations, many made locally but most of them are collected from around the world. The back room contains silk screened Christmas cards, postcards, bookmarkers, etc. — many with a San Francisco scene; i.e. Santa and his reindeer on a cable car. The store is open from November 15 thru December 29 from 10:30 a.m. to 6:30 p.m. daily. Antique Accents has all locally made decorations, stockings and some wreaths for sale. They are at 2500 Polk Street and are open November 1 thru December; Tuesday thru Saturday from 11:00 a.m. to 5:30 p.m.

If you're planning on riding a cable car, try to do it between 10 a.m. and 2 p.m. as merry carolers will be your fellow passengers.

The city has many excellent restaurants to choose from and for lunch, I'd like to recommend Mama's. Mama's has two locations, one in Macy's at Union

Square and one at 1177 Cellar California Street, Knob Hill. The one on Knob Hill has marble tables with fresh flowers, and you may be lucky enough to get a table in a white gazebo. The sandwiches and crepes are all delicious; I can't honestly recommend any one or two. Be sure to save room for dessert. Ask your waiter to walk you past the dessert selections and tell you all about them. Be sure to enjoy a leisurely meal as many visiting celebrities, who stay down the street at the Mark Hopkins or Fairmount, frequent the restaurant. Mama's entrance is in the lobby of a condominium so be careful you don't walk past No. 1177. They are open seven days a week for breakfast, lunch and dinner and accept NO credit cards.

While you're on Knob Hill, be sure to walk down the street to the Fairmount and Mark Hopkins to see the beautiful huge Christmas trees in their lobbies.

If you visit the Cannery, the El Sombrero is a Mexican restaurant with both atmosphere and good food. Its cool architecture is loaded with blue tiles,

wrought iron and large fan chairs. Their best dish (and least expensive) is enchiladas, suizas filled with melted jack cheese and slathered in sour cream and green chile salsa. They have selections for children and your kiddies will be content to sit and wait for their dinner. About a third of the tables are in a greenhouse style room, and you'll enjoy the view of the Cannery's outdoor theatre acts and holiday lights through the greenhouse window panels. They're open Tuesday thru Saturday, noon to 11:30 p.m.; Sunday noon to 10:30 p.m.

Across the street from the Cannery on Beach Street is the Nut Tree Store at 655 Beach Street. Besides a lot of unique confections and an assortment of kitchen gadgets, they have huge beautifully decorated holiday cookies on which they'll write your child's name. Take some home for special gifts; the store will wrap it in a pretty box and bow. They're open 10 a.m. to 10 p.m. daily.

No Christmas would be complete without the Nutcracker Ballet. San Francisco Ballet's performance of the Nut-



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cracker is the finest on the west coast; probably second to the New York City Ballet's outstanding performance. My children and their friends have sat stone still during the entire two and a half hour excellent performance. A list of performances may be obtained by writing to: Nutcracker, Opera House Box Office, Opera House, San Francisco, Ca. 94102 or phone (415) 431-1210. Shows are evening and matinee from December 9 thru December 28. Tickets range in price from \$3 to box seats at \$17.50. There are several parking lots surrounding the Opera House for parking.

All of the places named above are easy to find but it would be a good idea to have a street map of the city as a lot of the streets are one way. If you have any questions about any of the places I've listed, please feel free to call me at 375-3615. □

The Eagle's Eye Gallery

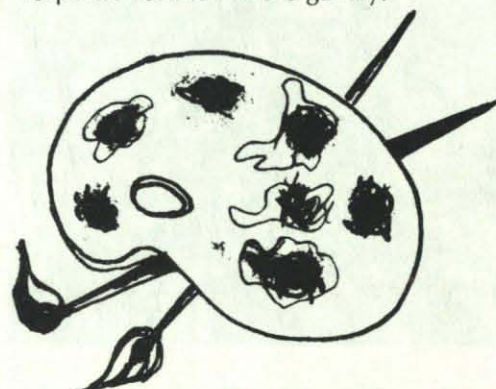
by Ann Malokas

There is good news for those who have browsed in downtown art galleries and have dismissed such treasures as far beyond their means. NPS has its own Eagle's Eye Gallery displaying the works of 17 artists of the Military Wives Art Association.

The gift-giving season is an especially good time to discover or rediscover the gallery, located on the lower level of Herrmann Hall by the barber shop. Works to suit almost any taste or budget are shown in a display that is changed monthly. The association also has several outdoor exhibits each year. Hours for browsing (and buying) are from 11:30 to 2:30 Monday through Friday and from 6

to 8 Friday evening. Layaways are available.

The Military Wives Art Association and the Eagle's Eye Gallery were begun three years ago by a military wife and artist whose transient status made it difficult for her to find a place to display her works locally. Realizing that this could be a problem with other military wives, she investigated the need. An enthusiastic response resulted in the gallery.



Artists wishing to have their works accepted for display at the gallery are asked to submit five examples of their work which are then judged by present members of the association. Interested artists are encouraged to call Jeanne Ocker at 659-4734 for information. □

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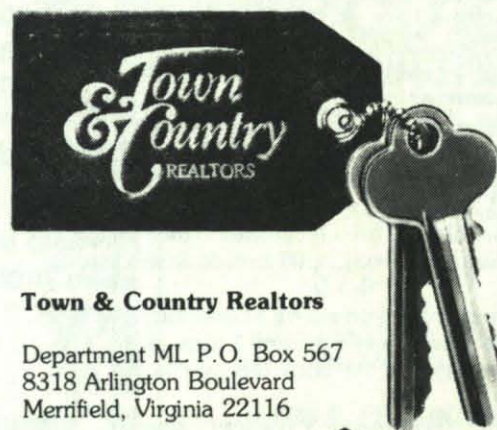
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An Old Fashioned Christmas Is Not Getting Last Year's Barbie Doll Or Godzilla vs. Christmas

by Mari Tudor

At the outset of this piece, I must confess a certain prejudice against Christmas. In spite of all the Ho! Ho! Ho's and Jingle Bells, I personally find it to be a perplexing incongruous time of year; incongruous because at a time when people are supposed to be spiritually uplifted, a great deal of people are thrown into a snowdrift of depression without understanding why.

Starting in November, we are bombarded by a media blitz reminding us that we only have umpty-ump shopping days before Christmas. It reaches a frenzy the day before Christmas when we are reminded that there is only one shopping day before Christmas (as if we couldn't count), and shame on you cheap so-and-so's who haven't gone out and gotten that last bit of Christmas shopping done for your cousin Harry twice removed.

Children's toys are enough to throw anyone into a state of depression. There are a variety of children's toys on the market. . .designed for every unimaginative youngster.

First there is my "favorite" Godzilla, which, when the right plastic knob is turned, sticks out his tongue in a blast of fire and smoke...(I get the same effect when I eat garlic). Then there is Stretch Octopus, Stretch Monster and as a consolation to womens' lib. They shouldn't have bothered) Stretch Olivia, no bat-

teries needed, you just pull on their limbs and they stretch! Therefore the catchy name! It may be possible to find some toys this year that have nothing to do with space, but it won't be easy. Best to wait until after Christmas, where most likely they will be on sale because they didn't sell. However, if you want your Battleship — Crap-tica you'd better buy now for tomorrow the Cylons may have bought them all up!

I'm not sure yet just what my children will get for Christmas. They're still at that falling-into-the-tree stage, too young yet to put the pressure on old mom and old dad to buy the giant acroyer or R-2, D-2 robot, and too old for rattles! Next year will be a different story and I'll have to decide whether to go with the masses of parents who yield to the media blitz and buy the Green Machines and the X-wing plane, or have Santa Claus fail as a man in the eyes of my children. I guess I should look at the bright side of it. I won't have to put out the four bucks for a Wonder-Woman or a Charlie's Angels doll: I have all boys; but then daddy will probably buy that for himself!

It would be nice if we could leave a legacy of memorable Christmases for our



children. It would be nice if we could make old time dolls and boats and other toys out of materials other than plastic,



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but we live in an age of plastic, and media hype works on us through peer pressure. It appears that the more adventurous (brutal?) the toy is, the more it will be desired by youngsters.

I'm not at all certain my sons would be thrilled by a rustic toy made with loving care by mom or dad. They would probably be disappointed if they didn't get that expensive piece of breakable garbage put out by Mego or Kenner. Our society seems to be suffering from a terminal



case of plasticitis, and I'm not quite sure what the cure is. Will I catch the disease when my children come of age? I don't know, but I will admit I was a bit disappointed when I got a mix-master last Christmas.

The day after Christmas, it's like it never was, except for cleaning up the trash: the dried-up tree, the wrapping paper and the broken trees. The only reminder of Christmas that stays with us is those extra pounds that ambushed us when we weren't looking. That could be reason enough for depression right there! But what of the memories? I believe it is our responsibility as parents to see that each childhood produces just one special Christmas. . . one very special personal memory that can be taken with them into adulthood. Maybe it's worth it to try something different other than the plastic route this year. And good luck to those of us who try. I have the feeling we may need it. □

With food prices what they are today, a good gift can be the answer for the hard-to-please person on your list. Don't feel you have to be limited to the expensive ready-made food bundles in the gourmet shops. Try a small hibachi filled with bottles of barbecue sauce and seasoning; a set of inexpensive sundae dishes with several jars of topping; fruit in an unusual basket; a lovely teapot with a selection of herb teas; a copy of the OSWC cookbook *Around The World In Monterey*, with ingredients for one of the tried and true recipes appearing in the book. □

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